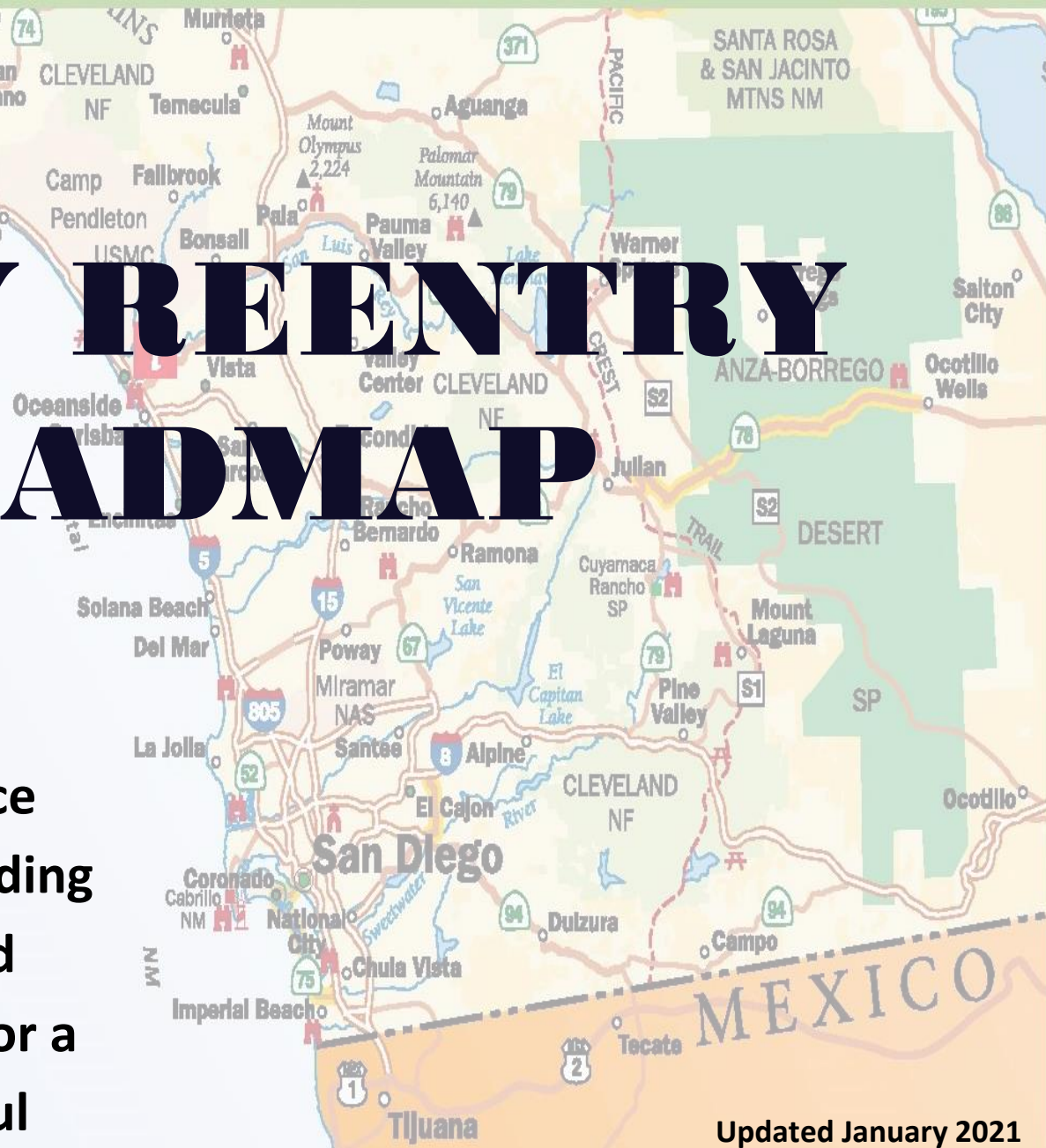


MY REENTRY ROADMAP

A resource
guide providing
links and
guidance for a
successful

transition back
into the San
Diego
Community



Updated January 2021

SAN DIEGO COUNTY
PROBATION
DEPARTMENT



Vision Statement:

To provide the highest quality of service through a continuum of services, family and community engagement, restorative practices, and employee-focused enrichment.

Mission Statement:

Through Probation team members and client-centered partnerships, we will stand in our values and become innovative through evidence-based and best practices in continuum of care, supervision, accountability, and a restorative practice philosophy within a culture of caring in promoting public safety.

USING THIS GUIDE

There are many resources available throughout San Diego County, so it is helpful to figure out early what you will need as you transition back into the community. Below are some questions you may need to address when you are released. The answers may help you organize and navigate this Reentry Roadmap. We recommend you use the “What Will I Need?” checklist to help you stay on track as you navigate through this guide.

What will I need? (check the box)

- ❖ Important Documents: *Do you have a valid ID or need a copy of your birth certificate or social security card? These items may be needed for employment or when applying for benefits.*
 - ☐ Birth Certificate **PAGE 6**
 - ☐ California Photo I.D. / Driver License **PAGE 7**
 - ☐ Social Security Card **PAGE 8**
 - ☐ Transportation **PAGE 8**
- ❖ Housing: *If you won't have a place to stay, utilizing available resources will be necessary. If you do have housing, it is important to assess if it is safe, stable, and affordable.*
 - ☐ Emergency Housing **PAGES 9-10**
 - ☐ Homeless Self Services **PAGES 11-12**
- ❖ Treatment: *Are drugs and/ or alcohol interfering with your life or do you need support maintaining your sobriety in the community?*
 - ☐ Residential/ Out-Patient Treatment **PAGE 13**
 - ☐ Withdraw Management (Detox) **PAGE 14**
 - ☐ Medically Assisted Treatment (MAT) **PAGES 14-15**
 - ☐ Relapse Prevention **PAGE 16**
- ❖ Health / Wellness: *Do you need to apply for Medi-Cal? Dealing with physical and mental health can be a determining factor in how successful you can be in other areas of your recovery and reintegration.*
 - ☐ Medical Insurance / Dental Services / County Medical Service (CMS) **PAGES 17-19**
 - ☐ HIV / AIDS Services **PAGES 20-21**
 - ☐ Mental Health Services / Counseling **PAGE 22**
 - ☐ Supplemental Security Income (SSI) / Disability Services **PAGE 23**
- ❖ Benefits: *How will you get income and meet your basic living needs? You may be eligible for assistance.*
 - ☐ Veteran's Benefits **PAGE 24**
 - ☐ CalWorks / General Relief/ CalFresh **PAGES 25-26**
 - ☐ Family Support and Services **PAGES 25-27**
- ❖ Employment / Education: *What do you want for your future? Long-term goals help give us motivation to deal with short-term difficulties.*
 - ☐ Continuing Education (GED / Community College) **PAGES 28-30**
 - ☐ Job Training / Certification Programs **PAGE 29**
 - ☐ Managing your Money **PAGES 31-33**
 - ☐ Cleaning up your Record **PAGE 34**

ABOUT THE PROBATION DEPARTMENT

Service ~ Commitment ~ Compassion

The San Diego County Probation Department's objective is to create a positive approach in the way we engage our clients and enhance our relationships with one another.

Probation has developed and provided Diversity and Inclusion Training to all employees to enhance exceptional customer services to the diverse clients we serve. The Probation Department promotes awareness of the Customer Service Initiative which further enhances our efforts to deliver the County of San Diego's mission of providing exceptional customer service to all clients, and our vision of treating every customer with HEART – Helpfulness, Expertise, Attentiveness, Respect, and Timeliness.

ABOUT BEING ON COMMUNITY SUPERVISION

If you have been granted any form of community supervision, you will be assigned to a probation officer for the duration of your grant. The role of your probation officer will be to hold you accountable for compliance and completion of your court-ordered conditions while assisting you in your reentry to the community and long-term success.

Regardless of what type or level of supervision you are granted and the level of supervision in which you are supervised, you will need to report to probation upon release from custody as directed by the court.

The intensity of your supervision will be dependent mainly on your level of compliance. The better you do and the more milestones you achieve, the less your probation officer will need to hold you accountable. You may need to visit your probation officer in the office and your probation officer may visit you at your place of residence and employment. Depending on the type of supervision you are granted and the level of supervision in which you are supervised, you may be required to attend an orientation and undergo regular drug tests. Probation officers are committed to helping you reenter your community and be successful. We understand you have goals to achieve and needs to satisfy.

This roadmap was created to help you as you navigate your way back into the community. In the following pages, you will find resources that may help you in your quest to achieve your goals and satisfy your needs.

*****This Reentry Roadmap is not meant to be an all-encompassing list of resources in San Diego County, nor is Probation monitoring the certifications of all the service providers. *****

Comments and complaints email: psg.probation@sdcounty.ca.gov

WHERE DO I REPORT TO PROBATION?

If you were granted community supervision, you will need to report to probation as directed by the court after release from custody and thereafter as directed by your probation officer. You can report to any probation office for your first reporting. Generally, you will be assigned to the probation office closest to your residence to report regularly.

Probation Office Location and Contact Information:

Hall of Justice 330 West Broadway San Diego, CA 92101 619-515-8202	Juvenile Probation Center 2901 Meadowlark Drive San Diego, CA 92123 858-694-4600	South Bay Probation 1095 Bay Boulevard Chula Vista, CA 91911 619-498-2111
North County Probation 325 S. Melrose Drive, Suite 2200 Vista, CA 92083 760-806-2333	East County Probation 250 Main Street, 8 th Floor El Cajon, CA 92020 619-441-3441	

Restitution, Fines and Fees:

If you have been court ordered to pay fines, fees and/or victim restitution, you can contact the office of Revenue and Recovery at 619-515-6200. They can help you determine how much you owe and establish a payment plan. There are Revenue and Recovery offices available inside the San Diego Superior Courthouse Buildings.

Central 1100 Union Street San Diego, CA 92020	Hall of Justice 330 West Broadway San Diego, CA 92101	South County 500 3 rd Avenue Chula Vista, CA 91910
East County 250 East Main Street El Cajon, CA 92020	North County 325 Melrose Drive Vista, CA 92081	



TIPS FOR BEING SUCCESSFUL ON SUPERVISION

Successful completion of a grant of supervision and ultimately your success, freedom and independence are all based on compliance. Here are some tips that can help you as you strive to remain in compliance and successfully complete your court ordered conditions and supervision.

- 1. Show up.** Report to your probation officer as soon as you release from custody and keep all appointments. Show up for drug testing and court hearings. Showing up is one of the most important things you can do to remain in compliance. Failure to show up for drug testing, in most cases, will be treated as a positive test. Your probation officer can help you process or work thorough a lot of different issues, but if you don't show up, we don't know that you need help.
- 2. Communicate.** Discuss your challenges, your successes, and your accomplishments with your probation officer. If you discuss your challenges, your goals, and your achievements, your probation officer will be better able to customize your case plan to help you stay on the right track. Honesty goes a long way with your probation officer. Always remember that if we don't know what is happening or why you are making certain choices, we won't know how to help you.
- 3. Keep your Probation Officer informed of changes.** While on supervision, your residence and place of employment may be subject to approval by your probation officer. You will need to keep your probation officer informed of changes in your living arrangements and your job. The more we know about changes in your living and employment situation, the better we can personalize your case plan to help you achieve independence.
- 4. Ask questions.** If you don't understand what you are supposed to do or what you are not supposed to do, ask for clarification. Failure to understand a condition will not be an excuse if you are in violation for failing to comply with a requirement. If you have a specific need, ask your probation officer. They will be able to assist you or to direct you to someone who can.
- 5. Know your triggers.** This goes back to being aware of people, places, and things that might lead to you making poor decisions. Make a list of where you were, who you were with, or what was going on in your life the last few times you made poor choices. If you can identify people, places, and things that trigger negative behaviors, you might be better able to avoid them or change the way you react around them.



IDENTIFICATION & IMPORTANT DOCUMENTS

To rebuild your life in the community, there are three essential documents you should have:

- 1) A STATE-ISSUED IDENTIFICATION CARD, 2) YOUR BIRTH CERTIFICATE, AND 3) A SOCIAL SECURITY CARD.** These items are necessary in order to gain employment, open a bank account and to access some benefits and public assistance programs. If you do not have any of these three items, see below on instructions on how to replace them.

Birth Certificate:

For those born in San Diego County:

Birth certificates may be requested in person and can be received the same day at the Assessor/ Recorder/ County Clerk's Office (locations- <https://arcc.sdcounty.ca.gov>) . You will be required to complete a form, sign in the presence of a County Clerk and asked to present a valid photo identification. You will need to pay the fee (\$28 - subject to change) and provide the following information:

- Your full name as stated on the birth certificate.
- Your mother's full MAIDEN name.
- Your date of birth.



For those Born in California but not San Diego County:

If you know what county you were born in, contacting that county's Recorder's Office would likely be the quickest and least expensive option.

If you are unsure what county you were born in, you can contact the California Department of Public Health at 916-558-1784 or online at <https://www.cdph.ca.gov> (follow the links related to "Vital Records").

For those Born Outside of California:

Each state has an Office of Vital Statistics that is in charge of birth records for that state. The Centers for Disease Control and Prevention (CDC) has a list of the address and phone number for each Vital Records Office in every state, as well as basic information about the state's procedures.

You can find this information on the CDC website:

- <https://www.cdc.gov/nchs/w2w/index.htm>
- Call 800-232-4636
- Or write to the CDC at:

Centers for Disease Control and Prevention
1600 Clifton Road
Atlanta, GA 30329-4027



Photo ID Card:

In California, the Department of Motor Vehicles (DMV) may issue an ID card to a person of any age. There are three types of ID cards:

- REAL ID Card: A federal compliant ID needed to board a domestic flight or enter certain secure federal facilities like military bases, federal courthouses, or other federal buildings. Additional documentation is needed to apply for a REAL ID which you may or may not have access to once you leave custody. As such, it is suggested you first apply for a standard ID card if you have no other form of valid picture ID.
- Standard ID Card: Although not federally compliant, used to prove identity and age. Standard ID cards are valid for six birthdates after the application date.
- Senior Citizen ID Card: Seniors 62 years old or older are eligible for a no-fee senior citizen ID card. Valid for eight birthdates after the application date.

To Apply, Renew or Request a Duplicate Standard California ID Card:

- Fill out an application on-line (<https://www.dmv.ca.gov>) or in person. You will need to know your Social Security Number to complete the application.
- Appear in person at a local DMV location to have your thumbprint and picture taken.
- Show proof of your birth date and legal presence (Birth Certificate).
- Pay your fee with check, cash, or debit card (No credit cards).
- Receive a Temporary ID



If you applied for a California ID in county jail and it was successfully processed, but you were released from custody before receiving it, please reference the Sheriff's public website to contact the facility in which you applied for the ID to inquire with counseling.

<https://www.sdsheriff.net/detentionfacilities.html>

Birth Certificate/ Photo ID Card Fee Payment Assistance:

If you are homeless and need assistance obtaining a copy of your birth certificate and/ or photo ID card, please discuss with your assigned probation officer and/ or reach out to one of the following programs:

Interfaith Community Services (3 Locations) https://www.interfaithservices.org/program/self-sufficiency-supportive-services/ 550 W Washington Avenue, Suite B Escondido, CA 92025 760-489-6380	Travelers Aid Society of San Diego- Homeless Outreach Program 1501 Imperial Avenue San Diego, CA 92101 619-295-8393, ext 314 https://www.travelersaidsandiego.org/
4700 N River Road, Suite A Oceanside, CA 92057 760-421-2117	New Day Urban Ministries 2459 Market Street San Diego, CA 92102 619-232-2753 https://www.newdayurbanministries.org/
5731 Palmer Way, Suite A Carlsbad, CA 92010 760-448-5696	Crisis House, Inc 1034 N Magnolia Avenue El Cajon, CA 92020 619-444-1194 https://www.crisishouse.org/

Social Security Card:

Why Do You Need One?

A Social Security number is important because you need it to get a job, collect Social Security benefits and get some other government services. You should **keep your Social Security card in a safe place with your other important papers** and avoid giving it out unnecessarily. Keep in mind that in many cases, even if you lost your card, you may not need a replacement. In most cases, simply knowing your Social Security Number (SSN) is enough.

If you need to replace a lost Social Security Card, you can do so on-line (<https://www.ssa.gov/onlineservices>) or in person.

You will need to complete an application and show proof of:

- U.S. Citizenship (Birth Certificate)
- Identity (California ID)

For questions regarding Social Security or to find an office near you, call 800-772-1213.

TRANSPORTATION

How to Get a Bus Pass:

If you have a need for transportation (employment, education, training, etc.) and are experiencing a financial hardship; you may ask your probation officer for assistance or contact one of the following programs:

Interfaith Community Services (3 Locations) https://www.interfaithservices.org/program/self-sufficiency-supportive-services/ 550 W Washington Avenue, Suite B Escondido, CA 92025 760-489-6380	Travelers Aid Society of San Diego- Homeless Outreach Program 1501 Imperial Avenue San Diego, CA 92101 619-295-8393, ext. 314 https://www.travelersaidsandiego.org/
4700 N River Road, Suite A Oceanside, CA 92057 760-421-2117	Salvation Army Homeless Outreach Program- Centre City Corp 825 7 th Avenue San Diego, CA 92101 619-699-2214
5731 Palmer Way, Suite A Carlsbad, CA 92010 760-448-5696	Department of Rehabilitation 888-446-4511 US Department of Veterans Affairs 800-698-2411

MTS Transit Store

Mills Building | MTS Center
100 Trolley Plaza
San Diego, CA 92101
619-234-1060



Compass Cloud:

Buy, Reload or Register a Card at:
<https://compasscard.511sd.com/webtix/>



Visit <https://sdmts.com/rider-info> to plan your trip!



HOUSING & HOMELESS SERVICES

If you are experience a housing emergency, it is imperative to reach out to 2-1-1 San Diego for assistance in accessing the most up to date, available, programs and services.

Oftentimes, obtaining services will begin by a visit to a Coordinated Entry Access (CES) Site. Access Sites serve as a starting point for getting connected to available housing resources. Each one differs in what they can provide to clients. It is recommended that you call ahead to learn more about the options available at the Access Site prior to visiting their physical location. Connecting with an Access Site does not guarantee that you will receive direct assistance with housing or shelter. It is important that you stay in touch with the Access Site regularly by updating your contact information or reporting a major change in your situation.

North:



Interfaith Community Services

Serving individuals and families at risk for homelessness throughout the North County region.

550 West Washington Avenue

Escondido, CA 92025

760-489-6380

<https://www.interfaithservices.org/>

YMCA TAY Drop-In Center

Serving youth and young adults (ages 18-24) who are homeless or at risk of homelessness.

1050 North Broadway

Escondido, CA 92026

760-908-9373

<https://www.ymcasd.org/community-support/ymca-youth-and-family-services/youth-and-young-adult-development/tay-services>

North County Lifeline-

The House Drop In-Center

Serving youth and young adults (ages 16-27) who are homeless or at risk of homelessness.

302 North Indian Avenue

Vista, CA 92084

760-509-3333

<https://www.nclifeline.org/the-house-drop-in-center>

South:

South Bay Community Services

Serving adults and families at risk for homelessness throughout the South County region.

430 F Street

Chula Vista, CA 91910

619-420-3620

<https://southbaycommunityservices.org/>



East:

Crisis House, Inc

Serving adults and families at risk for homelessness throughout the East County region.

1034 North Magnolia Avenue

El Cajon, CA 92020

619-444-1194

<https://www.crisishouse.org/housing-services>

San Diego Youth Services

Serving youth and young adults (under the age of 24) who are homeless or at risk of homelessness.


1870 Cordell Court, Suite 101

El Cajon, CA 92020

619-448-9700

<https://sdyouthservices.org/services/homeless-housing-and-support/>

Central:

Family Health Centers of San Diego- Housing Navigation Center <i>Serving individuals and families who are homeless or at risk for homelessness in the City of San Diego.</i> 1401 Imperial Avenue San Diego, CA 92101 619-906-5320 https://www.fhcsd.org/city-opens-homeless-navigation-center/	Salvation Army Center City Corps Community Center <i>Serving individuals and families at-risk for homelessness throughout San Diego County.</i> 825 Seventh Avenue San Diego, CA 92101 619-699-2214 https://centrecity.salvationarmy.org/centre_city_corps/provide-shelter/
Father Joe's Village Day Center <i>Serving adults ages 18 years and older who are homeless or at risk of homelessness.</i> 299 17 th Street San Diego, CA 92101 619-230-7390 https://my.neighbor.org/get-help/	Father Joe's Village Joan Kroc Center <i>Serving adults with children who are homeless or at risk of homelessness.</i> 1501 Imperial Avenue San Diego, CA 92101 619-233-8500 https://my.neighbor.org/get-help/
NAMI's Connection 2 Community <i>Serving adults experiencing homelessness and living with a serious mental illness (proof is not required).</i> 101 16 th Street San Diego, CA 92101 619-831-3010 https://www.facebook.com/namisd2c	San Diego Youth Services <i>Serving youth and young adults (under the age of 24) who are homeless or at risk of homelessness.</i> 2220 Broadway San Diego CA 92102 619-232-8126 https://sdyouthservices.org/services/homeless-housing-and-support/
LGBTQ Youth Center <i>Serving youth and young adults (under the age of 24) who are homeless or at risk of homelessness.</i> 3909 Centre Street San Diego, CA 92103 619-692-2077 http://www.thecentersd.org/	

Shelters For Victims Of Human Trafficking:

Alabaster Jar Project 858-598-3238 Operates a drop-in resource center in North County that provides clothing, toiletries, nonperishable food items, diapers, case management, support groups, and therapy to victims of human trafficking. http://www.alabasterjarproject.org/	Generate Hope San Diego 619-818-4026 Provides long-term, comprehensive care to female survivors of sex trafficking. Program also offers transitional housing, therapy, education, and case-management. http://generatehope.org/
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Safe Parking:

Serving people who are homeless or at risk of homelessness, MUST BE LIVING IN A VEHICLE.

Dreams for Change Safe Parking (Call for Locations) 619-497-0236 https://www.dreamsforchange.org/need-assistance/	Jewish Family Services of San Diego (Call for Locations) 858-637-3373 http://www.jfssd.org/site/PageServer?pagename=programs_crisis_safe_parking
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Homeless Drop-In Centers:

Drop-in centers are locations where homeless individuals can spend the day or evening. Services are available and may include counseling and/ or medication monitoring on a formal or informal basis, personal hygiene supplies, facilities for showering, shaving, napping, laundering clothes, meal service, making necessary phone calls and referrals to other community resources.

Brother Benno's Center 3260 Production Avenue Oceanside, CA 92058 760-439-1244 https://www.brotherbenno.org/the-brother-benno-center/	
San Diego Day Center 299 17 th Street San Diego, CA 92101 619-230-7390 https://my.neighbor.org/	Rachel's Woman's Center 759 8 th Avenue San Diego, CA 92101 619-696-0873 https://www.ccdsd.org/programs/homeless-womens-services/


Public Storage:

Programs provide free, secure, storage for homeless individuals, travelers, and others in transit so they can look for work, attend classes, meet with a service provider, or doctor, or otherwise attend to their personal needs.

Transitional Storage Center 252 16 th Street San Diego, CA 92101 619-537-8736 http://www.thinkdignity.org/transitional-storage-center-tsc	
Storage Connect Center I 116 South 20 th Street San Diego, CA 92113 619-894-8894 https://www.mhsinc.org/listing/storage-connect-center/	Storage Connect Center II 5453 Lea Street San Diego, CA 92105 619-800-7972 https://www.mhsinc.org/listing/storage-connect-center-2/

Phones:

The California lifeline program provides a free cell phone to qualifying low income households.

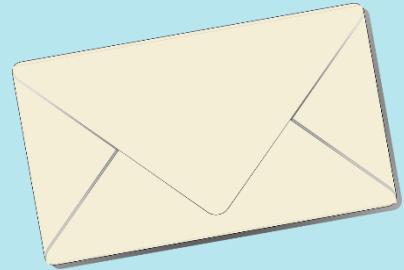
Assurance Wireless 888-321-5880 https://www.assurancewireless.com/		SafeLink Wireless 800-723-3546 https://www.safelinkwireless.com/Enrollment/Safelink/en/Website/www/default/index.html#!/newHome
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The Department of Fair Employment and Housing (DFEH) is responsible for enforcing state fair housing laws that make it illegal to discriminate because of a protected characteristic. The law applies to landlords, tenant screening companies, property management companies, real estate agents, home sellers, builders, mortgage lenders, and others. The law prohibits discrimination in all aspects of the housing business, including: renting or leasing, sales, mortgage lending and insurance, advertising, practices such as restrictive covenants, and new construction.

https://www.dfeh.ca.gov/wp-content/uploads/sites/32/2018/08/DFEH_FairHousingIsTheLaw_FactSheet_A_ENG.pdf

Did You Know?

You can get your mail delivered at a Post Office near you!



Local Post Offices Near You:

- 51 Horton Plaza,
San Diego, CA 92101
- 401 W Lexington Ave,
El Cajon, CA 92020
- 340 Oxford St,
Chula Vista, CA 91911
- 517 Seagaze Dr,
Oceanside, CA 92054
- 403 North Escondido Blvd,
Escondido, CA 92025



To Use This Service:

- Individuals should not have a permanent mailing address
- Proper identification must be provided in order to pick up mail
- Mail must be picked up on days other than Sunday and Holidays

You can also virtually connect with your County Family Resource Center by using:

LaterDocs

- Visit the HHSA website
- Search for [LaterDocs](#)
- Submit verifications or documents with your smartphone, tablet, or computer

MyBenefitsCalWIN

- Visit mybenefitscalwin.org
- Apply for benefits, check your benefits, submit reports and renewals, submit documents, get information

Access Customer Service

- Call 866-262-9881
- Apply for benefits, check case status, check benefit amounts, report changes.

SUBSTANCE USE DISORDER (SUD)

Important Questions:

The following questions can help you start thinking about whether drugs or alcohol are affecting your life and give you an opportunity to start thinking about where you can go for help. These questions are not meant to substitute a professional assessment by a qualified doctor, clinician, or an addiction assessment specialist. Please take a moment to answer the following questions.

- Do you feel you must consume drugs or alcohol daily or often to get through your day?
- Have you ever received medical attention or been hospitalized as a result of your drug use or alcohol consumption?
- Has your performance at school, work or home been affected by your drug and alcohol consumption (i.e. loss of wages, problems with supervisor or family)?
- Do you constantly think about the next time you will be able to drink alcohol or use drugs?
- Have you suffered from temporary memory loss or been unconscious after using drugs or alcohol?
- Do you feel sick or experience withdrawal symptoms when you don't use drugs or alcohol for extended periods of time?
- Do you lie to loved ones, steal, go to dangerous places or participate in criminal acts, to obtain drugs or alcohol?
- Are you in a close relationship with someone who influences your decisions to use drugs or alcohol, either by encouraging you to do so or does their behavior causes you to use drugs or drink alcohol to cope?
- Do you ever remain intoxicated or under the influence for several days at a time?
- Do you ever tell yourself or others, you will not use drugs or drink alcohol and then do anyway?
- Do you ever lie about your drinking alcohol or using drugs?
- Do you say or do things while intoxicated that you later regret?

If you answered yes to any of the above questions, you are encouraged to talk to your probation officer, a sponsor or a family member that can help you find the help that you need.

How to Access Treatment:

Your probation officer can refer you for a professional assessment and services. Your medical insurance or Medi-Cal may cover the services you need to achieve or maintain your sobriety. For a list of county programs visit: www.sandiegocounty.gov/hhsa/programs/bhs

Medication Assisted Treatment (MAT):

Designated specifically for the treatment of opioid addictions, medication assisted treatment is one of the most effective, life changing forms of care and treatment of substance use disorder when combined with counseling and behavioral therapies. MAT medications require a prescription, disbursement, and monitoring by a medical professional. If you believe you would benefit from medication assisted treatment or to find out if you qualify you may contact:

California Comprehensive Treatment Centers Opioid Use Disorder Programs at 866-884-0316

Fashion Valley CTC 7545 Metropolitan Drive San Diego, CA 92108 619-718-9890	Third Avenue CTC 1155 Third Avenue Chula Vista, CA 91911 619-498-8260	El Cajon CTC 234 North Magnolia Avenue El Cajon, CA 92020 619-579-8373
Capalina CTC 1560 Capalina Road San Marcos, CA 92069 760-744-2104	La Maestra Clinic Multiple Locations 619-285-7097	St. Vincent de Paul 1501 Imperial Avenue San Diego, CA 92101 619-233-8500, ext 1569
Vista Community Clinic Multiple Locations 619-631-5000	Family Health Centers of San Diego Multiple Locations 619-906-4684	Neighborhood Healthcare Multiple Locations 619-690-4684

Detox Services and Withdrawal Management Services:

Achieving and maintaining sobriety can be difficult. Relapse can be a normal part of recovery, but it can also be very dangerous. If you are in need of emergency withdrawal services, please contact the number below. If you are experiencing a medical emergency as a result of your relapse or withdrawal, please call 911 or go to the nearest hospital. If you are in crisis and need immediate assistance, **call toll free 24/7 Access & Crisis Line: 888-724-7240.**

Online Resources and Services:

Alcoholics Anonymous:

<http://aaintergroup.org/>

Narcotics Anonymous:

<https://www.na.org/meetingsearch/>

Marijuana Anonymous:

<https://ma-online.org/>

In The Rooms: Provides online support through live meetings and discussion groups

<https://www.intherooms.com/home/>

Soberistas: Provides a women-only international online recovery community

<https://soberistas.com/>

Sober Recovery: Provides an online forum for those in recovery and their friends and family

<https://www.soberrecovery.com/forums/>





Medication Assisted Treatment



Addiction:

A chronic **brain disease** characterized by drug seeking and use that is compulsive, or difficult to control, despite harmful consequences.



What is Medication Assisted Treatment (MAT)?

The use of certain medications combined with counseling and other behavioral therapies to treat substance use disorders and prevent opioid overdose.

The ultimate goal of MAT is full recovery, including the ability to live a self-directed life.

✓ Benefits of this treatment approach

- Improve patient survival
- Increase retention in treatment
- Decrease illicit opiate use and other criminal activity among people with substance use disorders
- Increase patients' ability to gain and maintain employment
- Improve birth outcomes among women who have substance use disorders and are pregnant

Addressing Misconceptions

A **common misconception** of MAT is that it substitutes one addiction for another.

FACT. When properly prescribed, addiction medications can reduce drug cravings and prevent relapse without causing a "high."

There are **3** different medications to treat Opioid Use Disorder:
Methadone, Buprenorphine, & Naltrexone

MYTH: MAT can only be used for a brief time.

FACT: There is no one-size-fits-all duration. People may safely take medications used in MAT for months, years, several years, or even a lifetime.

MYTHS & FACTS

MYTH: Addiction medications are a "crutch" that prevent "true recovery."

FACT: Individuals stabilized on MAT can achieve "true recovery," according to leading addiction professionals and researchers.



PLANNING TO AVOID RELAPSE

Relapse is using drugs or alcohol after a period of sobriety and/or abstinence. Relapse usually happens after major, uncontrollable changes in a person's life, when someone goes back to old people, places, and things; and oftentimes, relapse can be a result of negative self-perception or thoughts that lead to negative behaviors. Whether you believe you are at risk of relapsing or not, planning makes a big difference when trying to prevent it from happening.

Here are five questions to help you start thinking about a relapse prevention plan.

First: What are your beliefs about relapse or about someone who relapses?

The stigma or bad perceptions about relapse make it difficult for people to seek help. One of the most important things to recognize is that simply believing that it will not happen to you does not make it less likely that it will. Relapse is not directly linked to willpower and it has nothing to do with how strong you are as a person. Believing that relapsing makes you a weak person or a failure, even secretly, can create negative thoughts and feelings about yourself, thus leading to behaviors that might lead to further relapse.

Second: Who will you be spending most of your time with? What are their attitudes & beliefs about substance use and/or relapse? How much time out of your day will you spend associating with them?

Who you spend your time with makes a difference when planning to avoid relapse. Associating with people who are or previously were criminally involved or who you know use drugs or alcohol will increase the chances of a relapse. Associating with people who do not share your new mindset and who think relapse is "not a big deal," can also be a trigger to relapse. Not associating with anyone is not realistic either and isolation is also known to trigger relapse. The key is to spend most of your time with people who are supportive, respectful of your choice to change your life, and who understand what you are going through.

Third: What do you plan to do if/when you relapse or when you start to have thoughts about relapsing?

Yes, it can happen to you and being prepared ahead of time makes a difference. Make a plan for what you are going to do even if you strongly believe that it won't happen to you. People say, "failing to plan is planning to fail" and this saying holds very true when trying to avoid or address relapse. Write down your plan and put it in a place where you can refer to it if you begin to experience thoughts that might lead to old behaviors.

Fourth: Who do you plan to talk to if/when this happens to you? Who is your network of support?

Keeping information about your relapse or thoughts of relapse a secret will make things worse and will likely lead to further use. Tell someone about your thoughts or what is happening that is making you consider relapse. The idea of sharing these thoughts may cause feelings of shame or embarrassment and this is normal but should not discourage you from sharing them with the appropriate person. It is important to reach out to someone you trust and someone who will support you and assist you in getting the help that you need to avoid relapse.

Fifth: How do you tell someone you are having trouble with your decisions about substance use?

Visualize what your conversation will sound like when you disclose your thoughts about relapsing. What will you say? Playing this out in your head ahead of time helps you figure out who you will go to and it alleviates some of the anxiety of having to talk about it when it's happening.

Planning to avoid relapse is not easy, but it goes a long way in helping you achieve your goal of long term, sustained sobriety. Sometimes writing down your plan when you are in a good situation, helps you remember what to do, who to go to, or what to say when you are in a bad situation. As your life changes, so will the challenges, and so should your plan. We encourage you to come back to this plan and re-write it as many times as you need. Doing this exercise can help you achieve your goal of changing your life.

MEDICAL SERVICES

Family Health Centers (FHC) of San Diego: Provides comprehensive, accessible, quality health care services to residents, communities and community-based organizations in San Diego County and the surrounding region. If you do not have health insurance, you may register for the “Homeless Care Grant.” The grant provides a limited number of visits as well as prescription medication refills.

For more information and clinic locations, contact:
823 Gateway Center Way
San Diego, CA 92102 \ 619-515-2300
<http://www.fhcsd.org>

La Maestra Community Health Centers: Provides culturally and linguistically-competent prevention, treatment, chronic disease management and essential support services to San Diego’s most culturally diverse and lowest income communities throughout their multiple clinics.

For more information and clinic locations, contact:
4060 Fairmount Avenue
San Diego, CA 92105 \ 619-255-9155
<https://www.lamaestra.org/index.html>

Neighborhood Healthcare: Provides a wide range of medical, dental, and behavioral health services, along with programs and resources, designed to improve the health and happiness of the communities they serve.

For more information and clinic locations, contact:
460 Elm Street
Escondido, CA 92025 \ 833-867-4642
<https://www.nhcare.org/>

Vista Community Clinic: Provides services ranging from acupuncture to HIV testing, optometry, pediatric and chiropractic care.

For more information and clinic locations, contact:
1000 Vale Terrace Drive
Vista, CA 92084 \ 844-308-5003
<http://www.vistacommunityclinic.org/>

Operation Samahan: Provides high quality, affordable and culturally accessible primary health care. Services include dental care, behavioral health counseling, podiatry, chiropractic, health promotion and education. Samahan Health provides a comprehensive spectrum of health care, preventive care, and education in several different languages.

For more information, contact:
1428 Highland Avenue
National City, CA 91950 \ 844-200-2426
<https://www.operationsamahan.org/en/>

COMMUNITY HEALTH CLINICS

Central San Diego:

25th Street Family Medicine 316 25th Street, Ste 101 San Diego, CA 92102 619-238-5551	Beach Area Family Health Center 3705 Mission Boulevard San Diego, CA 92109 619-515-2444	City Heights Family Health Center 5379 El Cajon Boulevard San Diego, CA 92115 619-515-2400	Comprehensive Health Center 3177 Oceanview Boulevard San Diego, CA 92113 619-231-9300
Comprehensive Health Center 286 Euclid Avenue, Ste 302 San Diego, CA 92114 619-527-7330	Diamond Neighborhoods Family Health Center 220 Euclid Avenue, Ste 40 San Diego, CA 92114 619-515-2560	Downtown Family Health Center 1145 Broadway San Diego, CA 92101 619-515-2525	North Park Family Health Center 3544 30th Street San Diego, CA 92104 619-515-2424
San Diego American Indian Health Center 2602 First Avenue San Diego, CA 92103 619-234-2158	Sherman Heights Family Health Center 2391 Island Avenue San Diego, CA 92102 619-515-2435	St. Vincent de Paul Village Family Center 1501 Imperial Avenue San Diego, CA 92101 619-233-8500	Linda Vista Health Care Center 6973 Linda Vista Road San Diego, CA 92111 858-279-0925
Logan Heights Family Health Center 1809 National Avenue San Diego, CA 92113 619-515-2300	Mid-City Community Clinic 4290 Polk Avenue San Diego, CA 92105 619-563-0250	La Maestra Family Clinic 4060 Fairmount Avenue San Diego, CA 92105 619-280-4213	Operation Samahan Inc. 10737 Camino Ruiz, Ste 235 San Diego, CA 92126 858-578-4220

South Bay:

Paradise Hills Family Clinic 2400 E. 8th Street, Ste A National City, CA 91950 619-662-4100	Chula Vista Family Health Center 251 Landis Avenue Chula Vista, CA 91910 619-515-2500	Imperial Beach Health Center 949 Palm Avenue Imperial Beach, CA 91932 619-429-3733	Imperial Beach Health Center - Nestor 1016 Outer Road San Diego, CA 92154 619-429-3733
La Maestra – Highland 101 N. Highland Ave, Ste A National City, CA 91950 619-434-7308	San Ysidro Health Center 4004 Beyer Boulevard San Ysidro, CA 92173 619-428-4463	Otay Family Health Center 1637 Third Avenue, Ste B Chula Vista, CA 91911 619-205-1360	National City Family Clinic 1136 D Avenue National City, CA 91950 619-336-2300
Operation Samahan FHC 2743 Highland Avenue National City, CA 91950 619-474-8686	Chula Vista Family Clinic 865 Third Avenue, Ste 133 Chula Vista, CA 91911 619-498-6200	South Bay Family Health Center (Urgent Care Clinic) 340 4th Avenue, Ste 7 Chula Vista, CA 91910 619-205-1960	

East County:

Alpine Family Medicine 1620 Alpine Boulevard Alpine, CA 91901 619-445-6200	Centro Médico - El Cajon 396 North Magnolia Avenue El Cajon, CA 92020 619-401-0404	Borrego Julian Clinic 2721 Washington Street Julian, CA 92036 760-765-1223	La Maestra - El Cajon 165 South First Street El Cajon, CA 92019 619-312-0347
Grossmont / Spring Valley Family Health Center 8788 Jamacha Road Spring Valley, CA 91977 619-515-2555	Chase Avenue Family Health Center 1111 West Chase Avenue El Cajon, CA 92020 619-515-2499	Lemon Grove Family Health Center 7592 Broadway Lemon Grove, CA 91945 619-515-2550	Mountain Empire Family Medicine 31115 Highway 94 Campo, CA 91906 619-478-5311
Neighborhood Healthcare East 855 East Madison Avenue El Cajon, CA 92020 619-440-2751	Neighborhood Healthcare El Capitan 10039 Vine Street Lakeside, CA 92040 619-390-9975	South Indian Health 4058 Willows Road Alpine, CA 91901 619-445-1188	South Indian Health 36350 Church Road Campo, CA 91906 619-445-1188

North County:

Borrego Springs Medical Center 4343 Yaqui Pass Road Borrego Springs, CA 92004 760-767-5051	Escondido Family Medicine 255 North Ash St, Ste101 Escondido, CA 92027 760-745-5832	Fallbrook Family Health Center 1328 South Mission Road Fallbrook, CA 92028 760-451-4720	Neighborhood Healthcare Escondido 460 North Elm Street Escondido, CA 92025 760-737-2000
Neighborhood Healthcare Escondido 1001 East Grand Avenue Escondido, CA 92025 760-520-8200	Neighborhood Healthcare Mountain Valley 16650 Highway 76 Pauma Valley, CA 92061 760-742-9919	North County Health Services 217 East Earlham Street Ramona, CA 92065 760-789-1223	Ray M. Dickinson Wellness Center 425 N Date Street, Ste 203 Escondido, CA 92025 760-520-8300
Vista Community Clinic 1000 Vale Terrace Vista, CA 92084 760-631-5000	Vista Community Clinic 134 Grapevine Drive Vista, CA 92083 760-631-5030	Vista Community Clinic 517 N. Horne Street Oceanside, CA 92054 760-631-5009	Vista Community Clinic 4700 North River Road Oceanside, CA 92057 760-433-6880
Vista Community Clinic 818 Pier View Way Oceanside, CA 92054 844-308-5003			

Dental Services:

Diamond Dental
4725 Market Street
San Diego, CA 92102
619-515-2420

Logan Heights Family Health Center Dental Clinic
1809 National Avenue
San Diego, CA 92113
619-515-2394

Vista Community Clinic
1000 Vale Terrace
Vista, CA 92084
760-631-5000

Putrus Dental
2004 Highland Avenue
National City, CA 91950
619-474-2235



STD CLINICS

LOCATIONS AND HOURS

Confidential testing and treatment of sexually transmitted diseases (STDs).

\$40.00 fee covers testing, treatment, vaccinations, lab work, in-stock medications and any follow-up visit within 30 days of exam.

The fee may be waived if you are unable to pay.

Confidential **HIV testing is available** with each STD exam.

Hepatitis testing and vaccination available only to those at-risk.

Same-Day Appointments Available at the Rosecrans STD Clinic Only

Call the appointment line at **(619) 692-8300** during the following hours to schedule an appointment:

Monday, Tuesday, Friday 7:00 am - 9:30 am

Wednesday 10:00 am - 12:30 pm

Thursday 9:30 am - 11:00 am

****A limited number of walk-in visits will be available each morning until the clinic reaches capacity.****

No appointment needed for HIV testing only, results from a previous visit or a follow-up vaccination - please walk-in and you will be seen on a first-come, first-served basis.

County Health Services Complex - Rosecrans STD Clinic*

3851 Rosecrans St. Suite S

San Diego, 92110

(619) 692-8550

Clinic Hours

Monday, Tuesday, Friday 7:30 am - 4:00 pm

Wednesday 11:00 am - 7:00 pm

Thursday 10:00 am - 4:00 pm

Walk-In Clinics

Walk-in clinics register as many people as each clinic session can accommodate.

Please walk-in and register for your visit as early in the day as possible.

The clinic will stop accepting clients when capacity is met.

North Coastal Public Health Center*

3609 Ocean Ranch Blvd. #104

Oceanside, 92056

(760) 967-4401

Wednesday 12:30 pm - 7:30 pm

New address effective 2/22/2017

Central Region Public Health Center*

5202 University Avenue

San Diego, 92105

(619) 229-5400

Tuesday 1:00 pm - 7:30 pm

Friday 10:00 am - 4:00 pm

South Region Public Health Center*

690 Oxford Street

Chula Vista, 91911

(619) 409-3110

Thursday 12:00 pm - 6:00 pm

*Clinic hours are subject to change.

Anonymous HIV testing is available at the San Diego LGBT Community Center located at 3909 Centre Street in San Diego, 92103. For more information please call (619) 692-2077.

County of San Diego, Health and Human Services Agency, HIV, STD, and Hepatitis Branch June 2017 v.7

CLÍNICAS DE ETS

UBICACIONES Y HORARIO

Prueba y tratamiento **confidencial** de enfermedades transmitidas sexualmente (ETS).

Una cuota de \$40.00 cubre examen físico, tratamiento, vacunación, pruebas de laboratorio, medicamentos disponibles en la clínica y visitas adicionales durante los 30 días después de su examen.

La cuota puede ser suspendida si no puede pagar.

La **prueba de VIH** confidencial está disponible con el examen de ETS.

La prueba de hepatitis y vacunas contra la hepatitis están disponibles, conforme a criterio de riesgo.

Citas para el mismo día disponibles en la clínica ETS de Rosecrans

Para hacer una cita, por favor llame al **(619) 692-8300** durante las siguientes horas:

Lunes, Martes, Viernes 7:00 am - 9:30 am

Miércoles 10:00 am - 12:30 pm

Jueves 9:30 am - 11:00 am

****Espacios limitados para clientes sin cita.***

Una cita no es necesaria si usted solamente necesita una prueba de VIH o si necesita recibir los resultados de su última visita. Puede venir a la clínica y ser atendido en el orden en que llegó.

Edificio de Servicios de Salud del Condado - Clínica ETS en Rosecrans*

3851 Rosecrans St. Suite S

San Diego, 92110

(619) 692-8550

Horario

Lunes, Martes, Viernes 7:30 am - 4:00 pm

Miércoles 11:00 am - 7:00 pm

Jueves 10:00 am - 4:00 pm

Clínicas que no requieren cita previa

Las siguientes clínicas no requieren cita previa y registran la máxima capacidad de personas que sea posible servir. **Favor de registrarse lo más temprano posible.**

La clínica no aceptará más pacientes al alcanzar su máxima capacidad.

Centro de Salud Pública Región Norte Costera*

3609 Ocean Ranch Blvd, #104

Oceanside, 92056

(760) 967-4401

Miércoles 12:30 pm - 7:30pm

Nueva dirección 2/22/2017

Centro de Salud Pública Región Central*

5202 University Avenue

San Diego, 92105

(619) 229-5400

Martes 1:00 pm - 7:30 pm

Viernes 10:00 am - 4:00 pm

Centro de Salud Pública Región Sur*

690 Oxford Street

Chula Vista, 91911

(619) 409-3110

Jueves 12:00 pm - 6:00 pm

*Horarios pueden cambiar.

La prueba del VIH anónima, está disponible en San Diego LGBT Community Center
3909 Centre Street, San Diego, 92103. Para más información por favor llame al (619) 692-2077.

Condado de San Diego, Agencia de Servicios y de Salud, Departamento de VIH, ETS y Hepatitis June 2017 v.7

APPLYING FOR MEDI-CAL

- Call 2-1-1
- Apply on-line: <https://www.mybenefitscalwin.org/>
- Contact Access Customer Service Call Center
866-262-9881
- Apply in person at one of the **HHSA Family Resource Centers**:



<u>North:</u>	3708 Ocean Ranch Boulevard Oceanside, CA 92056	649 W. Mission Avenue, Suite 3 Escondido, CA 92025	
<u>South:</u>	690 Oxford Street Chula Vista, CA 91911	401 Mile of Cars National City, CA 91950	
<u>East:</u>	220 South First Street El Cajon, CA 92019	7065 Broadway Lemon Grove, CA 91945	1521 Main Street Ramona, CA 92065
<u>Central:</u>	1255 Imperial Avenue San Diego, CA 92101	1130 10 th Avenue San Diego, CA 92101	458 Market Street San Diego, CA 92102
		5001 73 rd Street San Diego, CA 92115	5055 Ruffin Road San Diego, CA 92123



If you have applied for Medi-Cal while in custody and would like to follow up on the current status of your application, please call the Access Customer Service Call Center.

MENTAL HEALTH SERVICES

The County of San Diego's Adult and Older Adult System of Care offers a wide variety of treatment, rehabilitation, and recovery services to help people who are experiencing persistent and severe mental illness or an addiction health crisis. All services provided are oriented to meet the unique linguistic and cultural needs of the persons served. For assistance:

- Call 2-1-1
- Call the Access and Crisis Line
888-724-7240
- Visit a regional out-patient clinic during walk-in hours



Mental Health Outpatient Clinics / Mental Health Assessments:

Jane Westin 1045 9 th Avenue San Diego, CA 92101 619-235-2600	Heartland Wellness Recovery Center 460 North Magnolia Avenue El Cajon, CA 92020 619-440-8522	Southeast Mental Health Center 3177 Ocean View Boulevard San Diego, CA 92113 619-595-4400
Maria Sardinias 1465 30 th Street San Diego, CA 92154 619-428-1000	Douglas Young 10717 Camino Ruiz, Suite 207 San Diego, CA 92126 858-695-2211	North Central Mental Health 1250 Morena Boulevard San Diego, CA 92110 619-692-8750
Exodus Recovery 524 W. Vista Way Vista, CA 92083 760-758-1150	Exodus Recovery 1520 South Escondido Boulevard Escondido, CA 92025 760-871-2020	

For a full list of providers and walk-in hours, visit:

https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/bhs/documents/AOA/walkin_clinic_hrs_region.pdf

SOCIAL SECURITY / DISABILITY

Social Security and Supplemental Security Income (SSI):

Social Security, sometimes called "Social Security Disability" or "SSDI", and Supplemental Security Income (SSI) are two types of monthly payments available to people who are over a certain age or are disabled.

Social Security **disability** benefits can be paid to people who have recently worked and paid Social Security taxes and are unable to work because of a serious medical condition that is expected to last at least a year or result in death. Being on supervision or being unemployed is not a qualifying reason for disability.

Social Security **retirement** benefits can be paid to people who are age 62 or older. Generally, you must have worked and paid Social Security taxes for 10 years to be eligible. For more information, contact:

- Call 800-772-1213 (call from 8:00 am to 7:00 pm, Monday through Friday)
- www.socialsecurity.gov

What Happens to My Benefits When I am in Jail or Prison?

Social Security and SSI payments generally are not payable while you are confined to a jail, prison or certain other public institutions for commission of a crime. You are **not** automatically eligible for Social Security or SSI payments when you are released; however, being incarcerated does not remove your post-release eligibility. If your Social Security or SSI benefits were suspended because you were in prison, you can request that they be reinstated. You will need to contact Social Security and provide proof of incarceration. If more than 12 months have passed, you will need to reapply.



The mission of the Disability Help Center is to help and support for the disabled. Although their primary mission is to help disabled individuals receive their Social Security Disability / SSI and/or Veteran's Disability benefits, community resources are available to everyone.

Disability Help Center can help give you the best chance possible of being approved for your disability benefits. Whether you are seeking Social Security Disability benefits or Veteran's Disability benefits, they will help you through the process, regardless of economic status or affiliation.

Visit the Help Center and receive all the FREE tools you will need to successfully gain your Social Security Disability benefits.

Whether you are applying, appealing, or preparing for a hearing before an Administrative Law Judge, Disability Help Center advocates can help you do it right.

Visit the Help Center today!

1833 4th Avenue 618-828-1761
San Diego, CA 92101 619-418-8860

www.ssdHelpCenter.org

VA HEALTHCARE ADMINISTRATION

Basic Eligibility Requirements for VA Healthcare:

- Verified active duty military service,
- Separation status of under Honorable or General Under Honorable conditions,
- 24 months of continuous active duty service after September 7th, 1980 (min. service requirement of one day prior to this date).

VA Health Benefits and Enrollment:

To apply for VA Healthcare Benefits, complete the **VA Form 10-10EZ**, “Application for Health Benefits” and submit it on-line at <https://www.va.gov/health-care/how-to-apply/> or to one of the Health Benefits and Enrollment offices:

VA Medical Center La Jolla 3350 La Jolla Village Drive San Diego, CA 92161 858-552-7523	VA Oceanside Clinic 1300 Del Oro Road Oceanside, CA 92056 760-643-2059 (call for appointment)
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DD-214: To obtain a copy of a service record, complete Standard Form 180 - “Request Pertaining to Military Records” or apply on-line at www.archives.gov/veterans/military-service-records

<u>MEDICAL CARE</u> VA Patient Aligned Care Team (PACT) Clinic Call Center: 858-552-7475 or 619-400-5050 VA Pharmacy: 858-552-7490 Pharmacy Refill Line: 858-552-4390	<u>MENTAL HEALTH</u> Same day mental health services and referrals for treatment. Psychiatric Emergency Clinic (PEC): 858-642-3391 Walk- In Hours: Monday to Friday, 0800-1600, at the VA Medical Center in La Jolla (2 nd Floor, North Wing). Urgent mental health issues outside of these hours will be referred to the VA Emergency Department on the 1 st Floor. Courage to Call – Veterans Hotline: 877-698-7838 <i>24/7 helpline with links to community resources throughout San Diego</i> Veterans Crisis Hotline: 800-273-8255 <i>24/7 confidential support for Veterans in crisis and families and friends</i>
<u>VISION</u> VA Optometry: Provides services to Veterans who have 10% Service Connection or greater. 858-552-8585, ext. 7180	
<u>DENTAL</u> Veterans Affairs Dental Insurance Program (VADIP): 855-460-3302 https://www1.deltadentalins.com/	<u>SUBSTANCE ABUSE TREATMENT</u> VA Substance Abuse Recovery and Rehabilitation Treatment Program (SARRTP): 858-552-7560 Intakes on a walk-in basis, Monday to Friday, 0800-1430, at the VA Medical Center in La Jolla (2nd Floor, North Wing) or by appointment. Treatment recommendations may include <u>inpatient treatment</u> (28-day program at the VA Medical Center) or <u>outpatient services</u> at the VA Medical Center or one of the following community-based outpatient clinics: Heartland House 5855 Streamview Drive, San Diego, CA 92105 \ 619-287-5460 Veterans Village of San Diego 4141 Pacific Highway, San Diego, CA 92110 \ 619-393-2000

VETERANS BENEFITS ADMINISTRATION

To apply for VA financial benefits, complete **VA Form 21-526** - “Veteran’s Application for Compensation and/or Pension” or on-line at www.ebenefits.va.gov

VA Regional Office – Mission Valley
8810 Rio San Diego Drive, San Diego, CA 92108
800-827-1000

RESOURCES FOR FAMILIES

To Apply for CalWORKs or Determine Eligibility:

- <https://www.mybenefitscalwin.org/>
- Or call 866-262-9881
- Or appear at your nearest HHSA Family Resource Center (See Page 22)

What's the difference between General Relief (GR) & CalWORKS?

General Relief is designed to assist needy single adults. The typical General Relief recipient is a low-income single person who has limited resources and does not receive any other Public Benefits. The typical CalWORKS recipients are low-income families with minor children who may also receive other Public Benefits.

Need Help with Child Care?

- <https://www.ymcasd.org/community-support/childcare-resource-service/family-resources/paying-child-care>
- <http://www.childcaresandiego.com/>
- Or call 800-521-0560



The CalWIN Mobile application allows you to check your public assistance benefits wherever you are, whenever you want.

Get information on public assistance programs or find a public assistance office in your area:

https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ssp/mobile_app.html

Transitional Housing Programs for Families with Children:

Solutions for Change 722 W. California Avenue Vista, CA 92083 760-941-6545 https://solutionsforchange.org/	Salvation Army Transitional Living Center for Women-Door of Hope Call for Intake Procedure 858-279-1100 or 858-505-3960 https://doorofhope.salvationarmy.org/door_of_hope_san_diego/
San Diego Rescue Mission-Mission Academy 120 Elm Street San Diego, CA 92101 619-819-1715 https://www.sdrescue.org/our-programs/mission-academy/	East County Transitional Living Center-Family Restoration Ministry 1527 E. Main Street El Cajon, CA 92021 619-442-0457 https://www.ectlc.org/family-services

*For additional housing resources see page 9.

If you are the victim of Domestic Violence, please call the San Diego County Domestic Violence 24-Hour hotline at 1-888-DVLINKS (1-888-385-4657). For a comprehensive list of community resources for victims of domestic violence, visit: <https://www.sdsheiff.net/dv/>

Additional Parent Support and Classes:

SAY San Diego (CSF and First 5 First Steps)	https://www.saysandiego.org/programs/how-we-help/	619-283-9624
Home Start (CSF, First 5 First Steps, Maternity Housing Program)	https://home-start.org/our-programs/	619-401-3738
Father 2 Child – Mental Health America	https://mhasd.org/father2child/	619-543-0412
Fatherhood Matters	http://www.vistacommunityclinic.org/latest-articles/fatherhood-matters/	760-631-5000 Ext 7181
North County Lifeline (Child abuse/ DV intervention and prevention)	https://www.nclifeline.org/child-abuse-domestic-violence	760-842-6201

Child Abuse Hotline: 858-660-2191

Elder Abuse Hotline: 800-339-4661

No Waiting In Line



Apply for Medi-Cal, CalFresh and/or CalWORKs Online

WWW.MYBENEFITSCALWIN.ORG

Apply for Medi-Cal, CalFresh and/or CalWORKs

**In person, by mail, fax (619-236-9167) OR by
phone (2-1-1)**

The minimal information required to submit an application is:

• Name • Address • Signature

Need Questions Answered?
Access Customer Service Center
Monday – Friday
7:00 AM – 5:00 PM

Toll Free: 1-866-262-9881
TDD (Hearing Impaired): 1-619-589-4459

Need to Turn in Documents?



DPC.HHSA@sdcounty.ca.gov

or



LaterDocs

Go to: SanDiegoCounty.gov
& enter **LaterDocs** in the search field



San Diego County WIC programs

WIC saves you money!
Checks are worth \$50-\$150
per month, per person.



The Women, Infants, & Children (WIC) program is a supplemental nutrition program to help pregnant women, infants, and children (up to age five) **eat well, stay healthy, and be active.**

At no cost, WIC provides you and your family with food, education, and resources, including:



Nutrition Education

Nutrition tips and healthy recipes, cooking classes and demonstrations, and a weight loss program.* *Online education available.*



Breastfeeding Support

Individual support, group discussions, breast pumps, Help Line, and online help. Peer counseling* available at some WIC offices.



Groceries

Checks for nutritious foods—fresh fruits & vegetables, whole grains, cereal, baby food, milk, peanut butter, beans, juice, tofu, and soy milk.



Community Resources

Referrals to other resources in the community for things like childcare, medical and dental care, parenting, and more.

You could be eligible!

WIC is for all kinds of families: married and single parents, working or not working. If you are a father, mother, grandparent, foster parent or other legal guardian of a child under five, you can apply for WIC.

For more details about the California WIC Program, log on to:

www.wicworks.ca.gov

In San Diego County, there are five agencies that offer WIC services — serving nearly 100,000 people per month. To qualify for WIC, families must meet income guidelines and live in California.

WIC Income Guidelines

WIC does not include BAH for military families.
Pregnant women count as 2 people.

Number of people in family	Gross monthly income
2	\$2,392
3	\$3,011
4	\$3,631
5	\$4,251
6	\$4,871

*Class offerings and breastfeeding services may vary between WIC agencies.

Income guidelines subject to change.
Please check www.wicworks.ca.gov for up-to-date information

Call us to make an appointment today!

See reverse for agency locations and phone numbers.

You can also locate a San Diego WIC office near you with our locator tool: **<http://sdwic.com>**

EMPLOYMENT

California Department of Fair Employment and Housing:

In 2018, the Fair Chance Act law, also known as “Ban the Box” law, went into effect. This law prevents an employer with 5 or more employees from asking about conviction history before making you a job offer. After the job offer, the employer can proceed with a criminal history check. If the employer decides to take the job offer back based on your criminal history, they must inform you why in writing, and should provide you with a copy of the conviction history report they reviewed.

For more information visit:

- ❖ <https://www.dfeh.ca.gov/CriminalHistory/?content=faq/>
- ❖ Or call 800-884-1684
- ❖ For information in other languages visit:
<https://www.dfeh.ca.gov/Posters/>



Employment Development Department (EDD):

EDD has partnered with local and state agencies and organizations, to provide employment and training services. These services are available for individuals currently working, individuals looking for employment, people who have been laid off, youth, veterans, and people with disabilities. <https://www.edd.ca.gov/jobs.htm>

America's Job Center of California (AJCC):

AJCC offers one-stop shop cost-free employment and training services. These centers offer career assessments, counseling, referrals and information about education and training programs. They also offer workshops for resume writing, and job search skills.

To find your local AJCC office please visit the link below:

<https://www.careeronestop.org/LocalHelp/AmericanJobCenters/find-american-job-centers.aspx>

California Department of Rehabilitation (DOR):

DOR provides employment and independent living resources for Californians with disabilities. To apply, you must contact your local DOR office to set an appointment with a DOR Counselor.

<https://www.dor.ca.gov/>

San Diego District Office

7575 Metropolitan Drive, Suite 107
San Diego, CA 92108
619-767-2100

South County Branch Office

855 Third Avenue, Suite 3350
Chula Vista, CA 91911
619-426-8720

Literacy Education Resources:

Offers tutoring to teach adults to read and write.



READ/San Diego

330 Park Boulevard, 8th Floor
Dan Diego, CA 92101
619-238-6603

<https://www.sandiego.gov/public-library/central-library/read>

L.E.A.R.N. (Libraries Empower All to Read Now)

El Cajon Branch Library:

201 E. Douglas Ave. El Cajon, CA 92020 \ 619- 588-3740

Vista Branch Library:

700 Eucalyptus Ave. Vista, CA 92084 \ 760-643-5144
<https://www.sdcl.org/learn-index.html>

The San Diego Council on Literacy

2515 Camino del Rio South, Suite 239
San Diego, CA 92108
619-574-1641

<https://www.literacysandiego.org/>

Job Training Programs:


The programs below offer a wide range of employment services. Some offer certificate programs in specialized job skills. Others offer job preparedness, job placement and post placement employment services.

<p>Second Chance: Provides a 4-week job readiness training program offering soft-skill training, job search, and job placement assistance. 6145 Imperial Avenue San Diego, CA 92114 \ 619- 234-8888 https://www.secondchanceprogram.org/job-readiness-training</p>	<p>Center for Employment Opportunities (CEO): Offers job readiness training, transitional employment, job coaching and placement, and retention services. <u>Must obtain a referral from your probation officer.</u> 303 A Street, Suite 100 San Diego, CA 92101 \ 619-684-4810 https://ceoworks.org/locations/san-diego</p>
<p>Center for Employment Training (CET): Provides employment training in green building construction skills, medical assistant, and welding fabrication. 4153 Market Street, Suite C San Diego, CA 92102 \ 619- 527-4895 https://cetweb.edu/location/san-diego-ca/</p>	<p>San Diego Continuing Education- Job Training/ Certificate Programs: SDCE Offers career training via fast-track programs and certifications in advanced manufacturing, health, information and communication technologies, hospitality and energy, construction, and utilities. (Multiple Locations) https://sdce.edu/free</p>
<p>San Diego Job Corps Center: Provides educational and career technical training program for individuals ages 16-24. 1325 Iris Avenue Imperial Beach, CA 91932 \ 619-429-8500 https://sandiego.jobcorps.gov/</p>	<p>Kitchens for Good Project Launch: A 20-month tuition-free culinary, hospitality and life skills training program. 2799 Health Center Drive San Diego, CA 92123 \ 619-450-4040 https://kitchensforgood.org/applicants/</p>
<p>Urban Corps: Provides paid job training, support services, and help obtaining a high school diploma for individuals ages 18-26. 3127 Jefferson Street San Diego, CA 92110 \ 619-235-6884 https://urbancorpssd.org/</p>	<p>San Diego Workforce Partnership-Career Centers" Offers job seeking services, and resources for career development. (Multiple Locations) https://workforce.org/career-centers/</p>

EDUCATION

GED and High School Diploma:

Interested in obtaining your General Education Development (GED) or High School Diploma? Getting your GED will increase your ability to get a job, and to get into college. Below you will find a list of locations offering GED and High School Diploma services.

<p>Library High School San Diego County Library program offering the ability to earn your high school diploma online, free! You must be 19 years or older and must be able to read, speak and write in English. https://www.sdcl.org/libraryhighschool/</p>	
<p>Chula Vista Adult School - Sweetwater High SD Offers GED and High School Diploma classes: http://cva.sweetwaterschools.org/ged-test-preparation/</p>	
<p>Vista Adult School - Vista Unified SD Offers GED and High School Diploma classes: https://www.vistaadultschool.org/</p>	
<p>El Cajon Adult Center - Grossmont High SD Offers GED and High School Diploma classes: https://adultschool.guhhsd.net/subsites/El-Cajon-Adult-Center/</p>	
<p>San Diego Continuing Education Offers GED and High School Diploma classes: https://sdce.edu/hsged</p>	

Community Colleges in San Diego County:

A community college offers associate degrees, career education programs and the ability to transfer to a four-year university. Community colleges make it easier to enroll despite your prior academic record, and they have lower tuition fees.

San Diego City College 1313 Park Boulevard San Diego, CA 92101 619-388-3400 http://www.sdcity.edu/	San Diego Mesa College 7250 Mesa College Drive San Diego, CA 92111 619-388-2682 http://www.sdmesa.edu/	San Diego Miramar College 10440 Black Mountain Road San Diego, CA 92126 619-388-7800 858-536-7800 http://www.sdmiramar.edu/
Cuyamaca College 900 Rancho San Diego Parkway El Cajon, CA 92019 619-660-4000 https://www.cuyamaca.edu/	Grossmont College 8800 Grossmont College Drive El Cajon, CA 92020 619-644-7000 https://www.grossmont.edu/	Mira Costa College 1 Barnard Drive Oceanside, CA 92056 760-757-2121 https://www.miracosta.edu/
Palomar College 1140 W Mission Road San Marcos, CA 92069 760-744-1150 https://www2.palomar.edu/	Southwestern College 900 Otay Lakes Road Chula Vista, CA 91910 619-421-6700 https://www.swccd.edu/	

Community College Resources:

CaliforniaColleges.edu Provides information on higher education preparation such as how to pay for college, college admission requirements and the application process. https://www.californiacolleges.edu/#/
Federal Student Aid / FAFSA For information on financial aid and grants, please visit the links below: https://studentaid.gov/h/apply-for-aid/fafsa https://www.youtube.com/watch?app=desktop&v=Pn4OECMTh5w&feature=youtu.be
Project Rebound-San Diego State University This is an admissions and support program for justice-involved individuals. https://spa.sdsu.edu/research/institute/project-rebound



Urban Scholars:

An organization of formerly incarcerated students which supports and advocates for formerly incarcerated individuals wishing to further their education. The organization has chapters in the following community colleges:

San Diego City College https://sdcity.academicworks.com/opportunities/686 * For additional information, please contact San Diego City College Student Affairs.	Southwestern College Urban Scholars Union https://www.swccd.edu/administration/office-of-student-equity-programs-and-services/restorative-justice/index.aspx
Grossmont College-Grossmont Justice Scholars https://www.grossmont.edu/student-support/calworks/justice-scholars.php	React-Miramar College https://miramarreact.com/usu/

Money Management

Managing your finances is very important but can be difficult to do. The needs vs wants list below will help you determine your financial priorities. A need would be shelter, you need a place to stay, thus rent would be a need. A want would be something like the limited-edition pair of sneakers that just released, this is not a priority.

1. Create a list of need and wants.

Needs:

Wants

2. What is the biggest expense in your budget?

3. What are some ways you can save your money?

Expense List

It may be useful to keep a list of your expenses, every time you spend money write it down. Write your expenses by categories: Bills, clothing, food, etc. At the end of the month, add up every expense by category to see your spending patterns. Were there unnecessary purchases? In what areas can you cut back?

[illegible]

Total:

Total:

Total:

Total:

INCOME	MONTHLY BUDGET	MONTHLY ACTUAL	DESCRIPTION
Pay/Total before anything is taken out			
Child support (if you get it)			
Savings you had from before prison			
Other:			
Social Security			
Disability			
TANF/SNAP			
TOTAL INCOME			

NECESSARY EXPENSES	MONTHLY BUDGET	MONTHLY ACTUAL	DESCRIPTION
Taxes taken out of your paycheck			
Other things taken out of your paycheck			
Rent/Housing			
Transportation (bus fares, train fare, car payments, gas, etc.)			
Food/groceries			
Supervision Fees (if you have to pay one)			
Victim Payments/Restitution (if you pay it)			
Insurances (rental, car, etc.)			
Child support (if you have to pay it)			
Clothing/Personal cleanliness needs			
Emergency funds			
Work uniform/equipment			
Medical insurance/costs/medications			
Savings/emergency funds			
Utilities (Water, electric, gas, etc.)			
Phone			
TOTAL NECESSARY EXPENSES			
LUXURY EXPENSES			
Cigarettes/coffee/liquor			
Entertainment (Movies, etc.)			
Eating out			
Shopping for things that are not necessary			
TV/cable/sports channels			
Credit card			
TOTAL LUXURY EXPENSES			
TOTAL MONTHLY EXPENSES			
TOTAL MONTHLY BALANCE			
(Total monthly income minus total monthly expenses)			

If your monthly balance is more than \$50, move money to savings.

CRIMINAL RECORD RELIEF

Fresh Start Program: A criminal record can make finding employment, obtaining housing, enrolling in and funding an education, and securing other civic opportunities very difficult. The good news is that there are options for you to move forward, even if you have made mistakes in the past. From reducing felony convictions to misdemeanors to dismissing/ expunging your criminal record to getting Certificates of Rehabilitation, the County of San Diego Office of the Public Defender can help you.

Fresh Start Program attorneys will review your criminal history and seek all appropriate methods of relief for you. They will obtain a copy of your California Department of Justice Criminal History Report and potentially other court records on your behalf at no cost to you.

Visit www.sandiegocounty.gov/content/sdc/public_defender/fresh_start for additional information and to start the process by filling out a fresh start request for assistance form. You do not need an attorney to begin this process. Return your completed form to the following address:

Office of the Public Defender Fresh Start Program
450 B Street, Suite 900 San Diego, CA 92101

You can also submit your completed form via fax at (619) 338-4811 (Attn: Fresh Start Program) or email your form to Fresh.Start@sdcounty.ca.gov.

San Diego Clean Slate Clinic: The San Diego Clean Slate Clinic is a volunteer-driven, community-based organization that provides free post-conviction legal assistance to individuals who continue to be affected by the criminal justice system. The clinic provides comprehensive same-day expungement services to San Diego County residents who are looking for jobs, trying to find housing, and are ready to move on with their lives. For additional information, visit their website at <http://www.sd-csc.org/>

You must be signed in before 11:00 am to be eligible to receive services that day.

Additional Services:

South Metro Career Center
4389 Imperial Avenue
San Diego, CA 92113
619-266-4200
(No appointment necessary)

